



# Freedom from Addiction: 72 Hours to Overcome Prescription Sleeping Pills



A focused 3-day Bible study guiding you through  
God's Word to find strength and healing from  
prescription sleeping pill addiction.

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## Introduction

**Facing addiction** can seem overwhelming, especially when it involves prescription medications like sleeping pills. Yet, the Bible offers hope, strength, and a path toward true freedom. This 3-day study is designed to guide you through 72 transformative hours, centered on God's Word and His power to restore and renew.

*Addiction* often captures us in cycles of dependence, fear, and isolation. But God's promises remind us that **He is near to the brokenhearted** and that His grace is sufficient. Through Scripture, prayer, and reflection, you will be encouraged to confront your struggles honestly and embrace the healing only God can provide.

During this journey, don't rush yourself—allow God's truth to penetrate your heart and mind. By focusing on biblical truths over the next three days, you will discover practical encouragement and spiritual weapons to break free from the chains of addiction. With each day's devotional, reflection, and prayer, may you experience fresh hope, strength, and grounding in God's love. Remember, you are not alone—God's power can renew your mind and body, and His peace will guard your heart as you take each step forward.

**Let's begin this path to freedom together!**





# Day 1: Recognizing God's Power to Heal



Day 1: 🕊️ Recognizing God's Power to Heal

## Your Verse

*Psalm 34:18 - "The Lord is close to the brokenhearted and saves those who are crushed in spirit."*

## Supporting Scriptures

- *Isaiah 41:10 - "So do not fear, for I am with you; do not be dismayed, for I am your God."*
- *2 Corinthians 12:9 - "My grace is sufficient for you, for my power is made perfect in weakness."*



Day 1: 🕊️ Recognizing God's Power to Heal

## Devotional: God's Nearness in Our Weakest Moments

**Facing addiction begins with recognizing both our brokenness and God's nearness.** Psalm 34:18 reminds us that God is especially close to those who feel crushed and brokenhearted. Addiction to prescription sleeping pills can cause feelings of despair, guilt, and isolation, but God promises that in these very moments, He is near, offering salvation and comfort.

*Today is about surrendering your pain and weakness to God.* Isaiah 41:10 reassures us: there is no need to fear because God is present. You are not alone in this battle; God walks with you every step. The struggle might feel overwhelming, but God's grace meets you in your weakness, as Paul writes in 2 Corinthians 12:9. It's in acknowledging your limits that God's power can shine most brightly.

Take this first day to invite God into your struggle honestly and openly. Confess the hold that prescription sleeping pills have in your life and open your heart to His healing touch. God doesn't condemn but offers restoration and hope. Cling to His promises and ask for renewed strength to face the days ahead.



Day 1: 🕊 Recognizing God's Power to Heal

## Reflect and Apply

1. How have you experienced God's presence in your struggles before?

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2. What fears come up when you think about facing addiction without the pills?

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3. In what ways can acknowledging your weakness open you to God's strength?

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Day 1: 🕊️ Recognizing God's Power to Heal

## Journaling Prompts

1. Describe how addiction has affected your life and emotions.

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2. Write a prayer inviting God's healing and presence into your struggle.

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3. List scriptures or promises from today's study that bring you hope.

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Day 1: 🕊️ Recognizing God's Power to Heal

## Prayer for Today

**Lord, thank You that You are close when I feel broken and weak.** Help me to surrender my fears and pain into Your hands. *Give me strength to face this day without relying on my prescriptions as a crutch.* Surround me with Your peace and remind me that Your grace is enough. May I find hope in Your promises and courage to pursue true healing. Amen. 🙏💪🕊️





## Day 2: ✖ Battling Temptation with God's Word



Day 2:  Battling Temptation with God's Word

## Your Verse

*Matthew 4:4 – "Jesus answered, 'It is written: Man shall not live on bread alone, but on every word that comes from the mouth of God.'"*

## Supporting Scriptures

- *1 Corinthians 10:13 – "No temptation has overtaken you except what is common to mankind."*
- *James 4:7 – "Submit yourselves, then, to God. Resist the devil, and he will flee from you."*



Day 2:  Battling Temptation with God's Word

## Devotional: Overcoming Temptation Through Scripture

**Day two focuses on resistance—strengthening your spirit through God's Word amid temptation.** Addiction often tempts us to return to what's familiar, even when it harms us. Jesus' example during His time in the wilderness reminds us that spiritual sustenance comes from God's Word, not from physical or chemical crutches.

Matthew 4:4 teaches that true life is found in every word from God, not temporary relief substances. When you feel the urge to use prescription sleeping pills again, lean into Scripture for strength. 1 Corinthians 10:13 reassures that the temptations you face are common and that God will not let you be tempted beyond what you can bear—He will provide a way out.

James 4:7 invites you to submit fully to God and resist the devil's schemes. These two acts unlock spiritual victory: submission and resistance. Today's challenge is to memorize or meditate on verses, replacing destructive cravings with God's truth. Let your heart be fortified by God's Word, knowing that He empowers you to stand strong.



Day 2:  Battling Temptation with God's Word

## Reflect and Apply

1. What triggers tempt you to rely on sleeping pills for comfort or escape?

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2. How can Scripture serve as your weapon against these temptations?

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3. What practical ways can you submit to God daily to resist the urge to use?

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Day 2:  Battling Temptation with God's Word

## Journaling Prompts

1. Identify specific temptations or triggers related to your addiction.

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2. Write down Bible verses that give you strength to overcome temptation.

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3. Plan and record a daily routine to engage with Scripture and prayer.

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Day 2: 🦋 Battling Temptation with God's Word

## Prayer for Today

**Heavenly Father, help me to resist temptation through Your powerful Word.** When the desire to turn to sleeping pills arises, remind me that true life comes from You alone. Strengthen my spirit to stand firm and submit fully to Your will. Provide me with clear ways to overcome each challenge today. Fill me with courage and peace as I depend on You. Amen. 📖 🛡️ 🙏





## Day 3: Embracing New Life in Christ





Day 3: 🌅 Embracing New Life in Christ

## Your Verse

*2 Corinthians 5:17 – "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"*

## Supporting Scriptures

- *Romans 12:2 – "Be transformed by the renewing of your mind."*
- *Galatians 5:1 – "It is for freedom that Christ has set us free."*



Day 3: 🌅 Embracing New Life in Christ

## Devotional: Walking in Freedom and Renewal

**On day three, we celebrate the new life Christ offers beyond addiction. 2**

Corinthians 5:17 proclaims that in Christ, you are a new creation; the chains of the past no longer define you. Let this truth sink deep into your heart—your identity is not in pills or the struggle but in Jesus, who makes everything new.

Romans 12:2 calls you to a daily transformation through the renewing of your mind. This process replaces old thought patterns with God's truth, breaking addiction's hold on your life. Galatians 5:1 reminds us that Jesus has set us free—freedom from bondage, fear, and destructive habits.

Embracing this new life means committing to ongoing spiritual growth and community support. Addiction recovery is a journey, and God's grace equips you every step. Celebrate the victory of the present moment and step forward trusting God's promise of freedom, wholeness, and hope.



Day 3: 🌅 Embracing New Life in Christ

## Reflect and Apply

1. What does being a 'new creation' mean to you personally?

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2. How can you practically renew your mind daily to maintain freedom?

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3. Who can support you in this new path of freedom in Christ?

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Day 3: 🌅 Embracing New Life in Christ

## Journaling Prompts

1. Write about how your identity shifts when you see yourself as a new creation.

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2. List practical steps to renew your mind and resist old habits.

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3. Reflect on trusted people or groups who can encourage your recovery journey.

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Day 3: 🌅 Embracing New Life in Christ

## Prayer for Today

**Father, thank You for making me new in Christ.** Help me to leave behind the old patterns and walk in the freedom You provide. Renew my mind daily and fill me with Your Spirit's power to live a transformed life. Surround me with support and keep me strong on this path of healing. May Your hope and peace guide me every step. Amen. ✨🙌🙏





## Where God's Word Meets Your Daily Life

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